
International Research, Invention and Innovation Exhibition (IRIIE) 2014

ORGANIZED BY:

International Islamic University Malaysia (IIUM)

MALAYSIA, 11 - 12 JUNE, 2014

ABSTRACTS COLLECTED AND EDITED BY

MOHAMMED AL HAEK
MUHAMMAD FUAD RIZA ZUHRI
MD RABIUL AWAL
DINI HIDAYATUL QUDSI
HAZIRAH BT. HARIF FADZILAH
RECKY DESSIA
ISTIKOMA BT ABDULLAH
TANZEEBA RAIHAN SHOMA

EFFECT OF CONSUMPTION OF MIXED HERBS & SPICES IN CASE CONTROLLED TYPE 2 DIABETES MELLITUS (T2DM) PATIENTS

Tahir Mehmood ¹, Muhammad Muzaffar Ali Khan Khattak Muhammad Muzaffar Ali Khan
Khattak ², Nor Azwani Mohd Shukri ³, Hidayatul Hafidzah Zulkifli ⁴, Siti Amirah Azam ⁵

*1 Department of Nutrition Sciences Kulliyah of Allied Health Sciences
dr.tahir_mahmood@yahoo.com*

*2 Department of Nutrition Sciences Kulliyah of Allied Health Sciences
muzaffar@iium.edu.my*

*3 Department of Nutrition Sciences Kulliyah of Allied Health Sciences
norazwani@iium.edu.my*

*4 Department of Nutrition Sciences Kulliyah of Allied Health Sciences
ulyajihadee@yahoo.com*

*5 Department of Nutrition Sciences Kulliyah of Allied Health Sciences
sejadahsenja@gmail.com*

HaAS

92

Herbs and spices are believed to possess hypoglycemic effects in Type 2 Diabetes Mellitus (T2DM) patients. Twenty patients were recruited from the Medical Outpatient Department of Hospital Tengku Ampuan Afzan (HTAA) in Pahang, Malaysia. Ten patients were provided with placebo while the other 10 patients received four gram of mixed herbs and spices for 30 days. Blood samples were collected before and at the end of the feeding period. These samples were analyzed for parameters namely fasting blood glucose (FBG), glycosylated haemoglobin (HbA1c) and lipid profile concentration. The result shows that there was a significant ($P < 0.05$) reduction in the fasting blood glucose and glycosylated haemoglobin, HbA1c blood lipid profile remained unchanged. The present study indicates that the mixed herbs & spices tested in this clinical trial have some efficacy for hyperglycemia control.